

## THE TRUAMA RECOVERY & EMPOWERMENT MODEL

**TREM:** Trauma Recovery and Empowerment Model, is an evidenced-based intervention that helps women who have complex trauma histories link their trauma to current behaviours and emotional responses.

**TREM:** Involves 25 session psychoeducation, and skill development group, to address both short-term and long-term impacts of trauma.

**TREM:** Focuses on empowerment, strategies for self-comfort, self-monitoring and establishing safe physical and emotional boundaries as well as skills building.

**TREM:** Helps women who have experienced or are experiencing trauma and/or abuse.

**TREM:** Is inclusive of all identities We welcome all LGBTQ2S+ identities and women regardless of their past or current histories with mental health and conflicts with the law.



FOR MORE INFORMATION  
AND/OR  
TO BOOK AN ASSESSMENT,  
PLEASE CONTACT

TREM Counsellors @  
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Women and Gender  
Equality Canada

Femmes et Égalité  
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**Elizabeth Fry**  
toronto

Hope. Strength. Justice.

HEALING TOGETHER WITH  
**TREM**

A TRAUMA RECOVERY  
&  
EMPOWERMENT MODEL

AN EVIDENCE-BASED WOMEN'S  
PSYCHOEDUCATION GROUP

[ [www.efrytoronto.org](http://www.efrytoronto.org) ]

## ABOUT ELIZABETH FRY TORONTO:

We provide supportive services, community-based programs and transitional housing to help women create meaningful change in their lives for the benefit of themselves, their families and the community as a whole.

### Mission:

Elizabeth Fry Toronto delivers gender based, trauma informed services and advocates for justice and equity for women and non-binary people who are criminalized and their families.

### Vision:

We envision communities where women are not criminalized.

### Values:

- **Compassion:** We honour women's voices, experiences and resilience and prioritize women's mental, spiritual, physical and emotional health.
- **Equity and Inclusion:** We are a feminist organization and we challenge oppression in all its forms.
- **Excellence:** We foster a collaborative culture based on self-reflection, continuous learning, effective partnerships, quality improvement and evidence based practice.
- **Accountability:** We are responsible to ourselves and to our stakeholders for using resources appropriately, communicating honestly and acting with integrity.

## OTHER SERVICES THROUGH TREM

- Referral to other agency services as needed and/or requested
- Access to additional individual counselling services by TREM counsellors
- Opportunities for becoming a TREM Peer Leader
- Access to the agency Market Place
- Access to career planning services
- Refreshment provided
- TTC Tokens provided

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*“Healing doesn’t mean the damage never existed. It means the damage no longer controls our lives.”*

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